



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 2-21-12)

Visit us at www.fns.usda.gov/fdd

100239 – PEACHES, FROZEN, FREESTONE, SLICED, 20 LB

| | |
|----------------------------|---|
| CATEGORY | <ul style="list-style-type: none">Vegetables/Fruits |
| PRODUCT DESCRIPTION | <ul style="list-style-type: none">U.S. Grade A frozen, sliced Freestone peaches; firm ripe but may include 20 percent soft ripe fruit; no mushy peaches allowed. Peaches are packed in fruit syrup composed of peach puree, dry sugar, ascorbic acid, and citric acid. |
| PACK/YIELD | <ul style="list-style-type: none">20 lb case with plastic bag.One 20 lb case AP yields about 27$\frac{1}{3}$ cups thawed, drained, sliced peaches and provides about 109.3 $\frac{1}{4}$-cup servings thawed, drained, sliced peaches OR about 147.4 $\frac{1}{4}$-cup servings thawed fruit and juice OR about 142.0 $\frac{1}{4}$-cup servings cooked fruit.One lb AP yields 0.97 lb (about 1$\frac{1}{3}$ cups) thawed, drained, sliced peaches and provides about 5.46 $\frac{1}{4}$-cup servings thawed, drained, sliced peaches OR about 7.34 $\frac{1}{4}$-cup servings thawed, sliced peaches and juice OR about 7.10 $\frac{1}{4}$-cup servings cooked fruit.CN Crediting: $\frac{1}{4}$ cup thawed, sliced peaches and juice OR $\frac{1}{4}$ cup thawed, drained sliced peaches OR $\frac{1}{4}$ cup cooked peaches provides $\frac{1}{4}$ cup fruit. |
| STORAGE | <ul style="list-style-type: none">Store frozen peaches in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.Store opened frozen peaches covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. |

Nutrition Information

Peaches, sweetened, sliced, frozen

| | $\frac{1}{4}$ cup (63 g) | $\frac{1}{2}$ cup (125 g) |
|---------------|-----------------------------|------------------------------|
| Calories | 59 | 118 |
| Protein | 0.40 g | 0.79 g |
| Carbohydrate | 15.11 g | 29.98 g |
| Dietary Fiber | 1.1 g | 2.2 g |
| Sugars | 13.97 g | 27.72 g |
| Total Fat | 0.08 g | 0.16 g |
| Saturated Fat | 0.01 g | 0.018 g |
| Trans Fat | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Iron | 0.23 mg | 0.46 mg |
| Calcium | 2 mg | 4 mg |
| Sodium | 4 mg | 8 mg |
| Magnesium | 3 mg | 6 mg |
| Potassium | 81 mg | 162 mg |
| Vitamin A | 9 RAE | 18 RAE |
| Vitamin A | 178 IU | 355 IU |
| Vitamin C | 59.3 mg | 118 mg |
| Vitamin E | 0.39 mg | 0.78 mg |



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| PREPARATION/ COOKING INSTRUCTIONS | <ul style="list-style-type: none">Thawed peaches can be used right from the case. |
| USES AND TIPS | <ul style="list-style-type: none">Serve sliced Freestone peaches thawed, alone, as a fruit or in mixed fruit dishes or salads.Use in recipes for cobbler, turnovers, pies, or serve as topping on cakes or frozen yogurt.Add to fruit salads or use in recipes for baked products. |
| FOOD SAFETY INFORMATION | <ul style="list-style-type: none">Do not refreeze peaches.Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. |
| BEST IF USED BY GUIDANCE | <ul style="list-style-type: none">For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf. |

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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